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American Board of Psychiatry  
and Neurology Certification  
November, 1978

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Dockets Management Branch (HFA-305)  
Food & Drug Administration  
5630 Fishers Lane, Room 1061  
Rockville, MD 20852

Dear Sir or Madame:

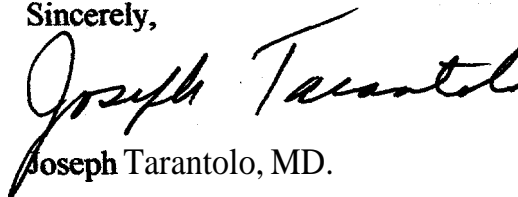
I very strongly support the labeling of trans-fat on all food products. The issue of what fats are good or bad for you is controversial. I would like to make my own choices and be in a better position to advise members of my family, friends, and my patients.

Recently I tried to find out **from** Kellogg's the trans-fat content of one of these products. I wrote to their public relations department. They sent me back a booklet that had all sorts of information about their products but did **not** tell me anything about their trans-fat content.

I also believe that the 0.5 gram cut-off is too high. I would feel much better with a cut-off of 0.2 or 0.3 gram per serving. Serving sizes are often woefully **underestimated**.—"I bet you can't eat just **one**."—It would be possible for someone who is used to eating 4-5 servings of a snack **food** to believe they are not taking in substantial amounts of trans-fat when they might be ingesting as much as two grams of trans-fat.

Do the right thing. Give those of us who are health conscious the opportunity to make intelligent choices about what kinds of fat we want in our diet.

Sincerely,

  
Joseph Tarantolo, MD.

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